

2005 Program Schedule

Outside reading time will be required. All classes held at City Heights Pool unless otherwise noted. Attendance is mandatory at ALL class sessions.

NO EXCEPTIONS

Sat. Oct. 1	Try-outs/Registration	9:00 am - 2:00 pm
	Conditioning	
Sun. Oct 2	Lifeguard Training	1:00 pm - 6:00 pm
Sun. Oct 9	CPR for the	1:00 pm - 6:00 pm
	Professional Rescuer	
Sat. Oct 15	CPR for the	9:00 am - 5:00 pm
	Professional Rescuer/AED	
Sun. Oct. 16	Lifeguard Training	1:00 pm - 6:00 pm
Sat. Oct. 22	Lifeguard Training &	9:00 am - 5:00 pm
	Title 22 First Aid	
Sun. Oct. 23	Lifeguard Training	1:00 pm - 6:00 pm
Sat. Oct. 29	Lifeguard Training	9:00 am - 5:00 pm
Sun. Oct. 30	Interview Training and	1:00 pm - 6:00 pm
	Title 22 First Aid	
Sun. Nov. 6	Title 22 First Aid &	1:00 pm - 6:00 pm
	Skill Review	
Sat. Nov. 12	Skill Testing, Written Exam and Graduation	9:00 am - 5:00 pm
		Class hours 67
		Volunteer hours 30
		Total hours 97

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THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Aquatics & Support Service District

1250 Sixth Avenue, 4th Floor

San Diego, CA 92101

Ride the WAVE...



Ride the WAVE  
to a new and exciting job!  
A program of the City of San Diego Park and Recreation Department

SWIM HOTLINE

We value your feedback!

E-mail us at: [aquatics@sandiego.gov](mailto:aquatics@sandiego.gov)

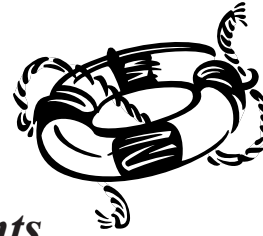
## ***Purpose of Program***

Becoming a lifeguard can be expensive! The City of San Diego Park and Recreation Department and the American Red Cross have developed the Winter Aquatic Vocational Education (WAVE) Program. The WAVE Program offers youth from low-income households an affordable opportunity to participate in the courses necessary to qualify as an entry-level lifeguard.

The program is limited to 30 participants. Each participant who completes the entire program will receive certification in American Red Cross Lifeguard Training, CPR for the Professional Rescuer, Automated External Defibrillator Training (AED) and First Aid for Public Safety Personnel (Title 22). The WAVE Program teaches job search skills that include interviewing and job application processes. Completion of this program qualifies participants to meet the requirements to apply for a Pool Guard I position with the City of San Diego (\$11.52-13.88 per hour). Note: applicants must be 16 years of age in order to apply for this position.

## ***Commitment to Service***

Attendance at all scheduled classes is mandatory (see program schedule). Each individual that participates in this program is expected to provide community service. Candidates are required to complete at least 30 hours of volunteer work (25 hours at an authorized aquatic facility + 5 hours volunteering at your local American Red Cross Health & Safety Department). The WAVE Program helps to instill courtesy, respect, discipline, good sportsmanship, and the camaraderie that develops among people who are willing to help others.



## ***Requirements***

Each participant must be able to fulfill the following pre-requisites prior to enrollment:

- ☐ Be at least 15 years of age by November 12, 2005
  - ☐ (proof of age will be required upon registration)
- ☐ Swim 500 yards continuously (no time requirement),
  - ☐ using these strokes in the following order:
    - ☐ - ☐ 200 yards of front crawl using rhythmic breathing and
    - ☐ ☐ a stabilizing, propelling kick.
    - ☐ - ☐ 100 yards of breaststroke.
    - ☐ - ☐ 200 yards of either front crawl using rhythmic
    - ☐ ☐ breathing or breaststroke. These 200 yards may be a
    - ☐ ☐ mixture of front crawl and breaststroke.
- ☐ Swim 20 yards using front crawl or breaststroke, surface
  - ☐ dive to a depth of 7-10 ft., retrieve a 10 pound object,
  - ☐ return to the surface and swim 20 yards back to the
  - ☐ starting point with the object. When returning to the
  - ☐ starting point, the candidate must hold the 10 pound
  - ☐ object with both hands while keeping his/her face above
  - ☐ the water. It is recommended to participants that they can
  - ☐ do this by swimming on their back using a whip
  - ☐ (breaststroke kick while on their back) or a rotary
  - ☐ (eggbeater) kick.
- ☐ Complete a short written entrance exam.

## ***Directions to City Heights Swim Center***

I-8 exit South Fairmount Ave., left on Landis St. (pool is on left). Public transportation: Take bus #7 get off on Fairmount. Walk two blocks on South Fairmount Ave., left on Landis St. (pool is on left).

## ***Tryouts***

Tryouts will be conducted at City Heights Swim Center on **Saturday, October 1, 2005**. All candidates must arrive promptly at 9:00 a.m. dressed to swim.

## ***Program Fee***

The total fee for the WAVE Program is only \$50.00 (the average cost of these courses is over \$175.00). All candidates who successfully complete the swim test and application process and are chosen to participate in the program will be required to pay the \$50.00 course fee on tryout day. Cash or checks are accepted. Checks should be made payable to the City Treasurer.

## ***Scholarships***

**A limited number of full scholarships are available.** For information, candidates should visit the Red Cross web site at [sdarc.org/aquatics](http://sdarc.org/aquatics) or call City of San Diego staff at (619) 685-1323. Scholarships are sponsored by the City of San Diego and San Diego Imperial Counties Chapter of the American Red Cross (858) 309-1471.



*Together, we can save a life*